



DFW Foot and Ankle
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Soaking Instruction For Athletes Foot

- Add tablespoon of Epsom Salt and a CAP full of white vinegar in warm water at bed time.
- Soak affected foot in water for 20-25 minutes daily for one week.
- Apply medication on the bottom of the foot (a thin layer).
- Use saran wrap to wrap the foot after applying medication, then put on socks. Do these steps for one week.

***TREAT SHOES AND SOCKS WITH LYSOL OR
TINACTIN SPRAY***